

the self-evident truths of the Declaration of Independence. But on the 23d of June, im-

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It is a very common mistake to suppose that the only way to get rid of a bad habit is to try to suppress it. This is a very dangerous error, for it is almost certain to result in a more violent outbreak of the habit than ever. The only safe way to get rid of a bad habit is to find out the cause of it, and then to remove the cause. If the cause is a physical one, such as a disease or a defect of the body, it must be treated by a physician. If the cause is a mental one, such as a passion or a prejudice, it must be treated by a philosopher. If the cause is a social one, such as a bad example or a bad influence, it must be treated by a reformer. In all cases, the only safe way is to find out the cause, and then to remove it.

